

# CMC'S Injury Policy

*At Creative Movement Center the safety and well-being of our dancers is our top priority. To ensure proper communication and care, we have implemented the following injury policy:*



## Injury Reporting & Class Attendance

- If a student is injured and must sit out of class for 2 or more sessions, a parent or guardian is **required to complete our Injury Reporting & Clearance Form** (see link below).
- A doctor's note should be submitted through the form if available, especially if the injury limits movement for an extended period.

## Recital Participation Requirements (January — May)

- Dancers may miss **no more than 6 classes** between January and May in order to remain eligible to perform in the annual recital.
- **Definition of a Missed Class:** At CMC, a class is considered missed if a dancer is unable to fully participate ("dance full-out") due to injury or any physical limitation. This includes sitting out entirely or only engaging in partial movement (e.g., only marking choreography, stretching only, or observing class).
- Injury-related absences will still count toward the 6-class maximum unless a doctor's note is provided and the teacher determines the student is still adequately prepared.

## Form Completion & Communication

- If the Injury Reporting & Clearance Form is not completed after 2 missed classes, the student may be at risk of losing recital eligibility.
- Teachers must be informed of all injuries affecting class participation. Sitting out without explanation is not permitted.

**[Click Here for the Injury Reporting & Clearance Form](#)**

*We appreciate your cooperation in helping us maintain a safe and supportive environment for all dancers.*